The Impact of Tobacco Use on our Deployed Forces

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FHP Deployed Health 2005

Where does tobacco fit in…?

Force Health Protection

Healthy & Fit Force

- Periodic Health Assessment
- Individual Medical Readiness
- Health Promotion
- Stress Management
- Pre/Post Deployment Health Assessment

Prevention & Protection

- Immunizations & Countermeasures
- Safe & Healthy Working Conditions
- Protective Equipment
- Assess/Mitigate Hazards
- Health & Environmental Surveillance
- Risk Communication

Medical & Rehabilitative Care

- Scalable, Modular, Joint Medical Capabilities
- First Responder
- Forward Surgery
- Theater Hospitalization
- Enroute Care
- Definitive Care

Outline

- Introduction
- Deployment & Operational Issues
  - Mobilization (Pre-deployment)
  - Endurance
  - Concealment
  - Night vision
  - Supply issues
- Home
    - Family health
    - Injury recovery
- Guidance
  - Leaders
  - Members
- Resources

Smoking on Rise Among U.S. Troops in Iraq

- Health officials are concerned that the smoking rate among the more than 140,000 U.S. troops in Iraq is skyrocketing, as more soldiers use cigarettes to combat stress, boredom, and loneliness, the San Diego Union-Tribune reported Aug. 29 2004.
- Although the Department of Defense has no figures on the smoking rates among deployed troops, returning personnel report high smoking rates. Dennis Amundson, a Navy captain and pulmonologist who returned from Iraq in July 2003, said the number of soldiers and Marines he saw smoking "was shocking."

FHP 2005 Data

- **Ft. Polk troops surveyed upon return from Iraq:**
  - **250/650 using tobacco (35%)**
  - ***35.6% from 2002 DoD survey***
  - **35/250 resumed (14%)**
  - **13/250 initiated (5%)**
  - **15/250 resumed beyond 1-year of quitting (6%)**

J Thompson, 2005

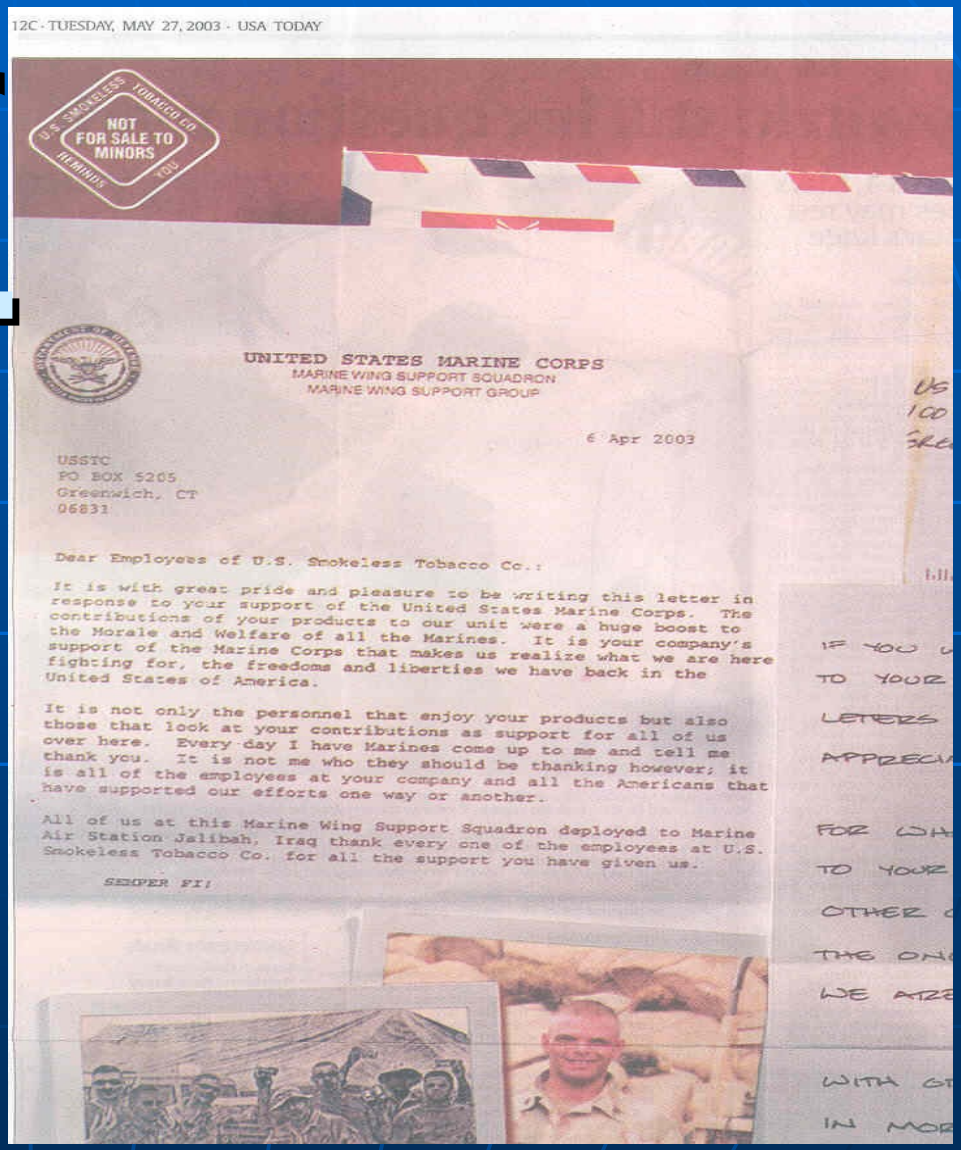
Other Problems…

- U.S. Central Command in Feb 2004 contacted reporters to express gratitude about a large donation of cigars to service members. Although several military branches ban free tobacco products, the command accepted some 800,000 cigars and helped ship them to service members overseas.

Smokeless too…

- **Shortly after the Iraq invasion in 2003, a U.S. manufacturer of smokeless tobacco sent samples to deployed Marines. Two members of Congress harshly criticized the company, pointing out it had violated Marine policy against such tobacco giveaways.**

Sad day for the Corps…



12C · TUESDAY, MAY 27, 2003 · USA TODAY

NOT FOR SALE TO MINORS

UNITED STATES MARINE CORPS
MARINE WING SUPPORT SQUADRON
MARINE WING SUPPORT GROUP

6 Apr 2003

USSTC
PO BOX 5205
Greenwich, CT
06831

Dear Employees of U.S. Smokeless Tobacco Co.:

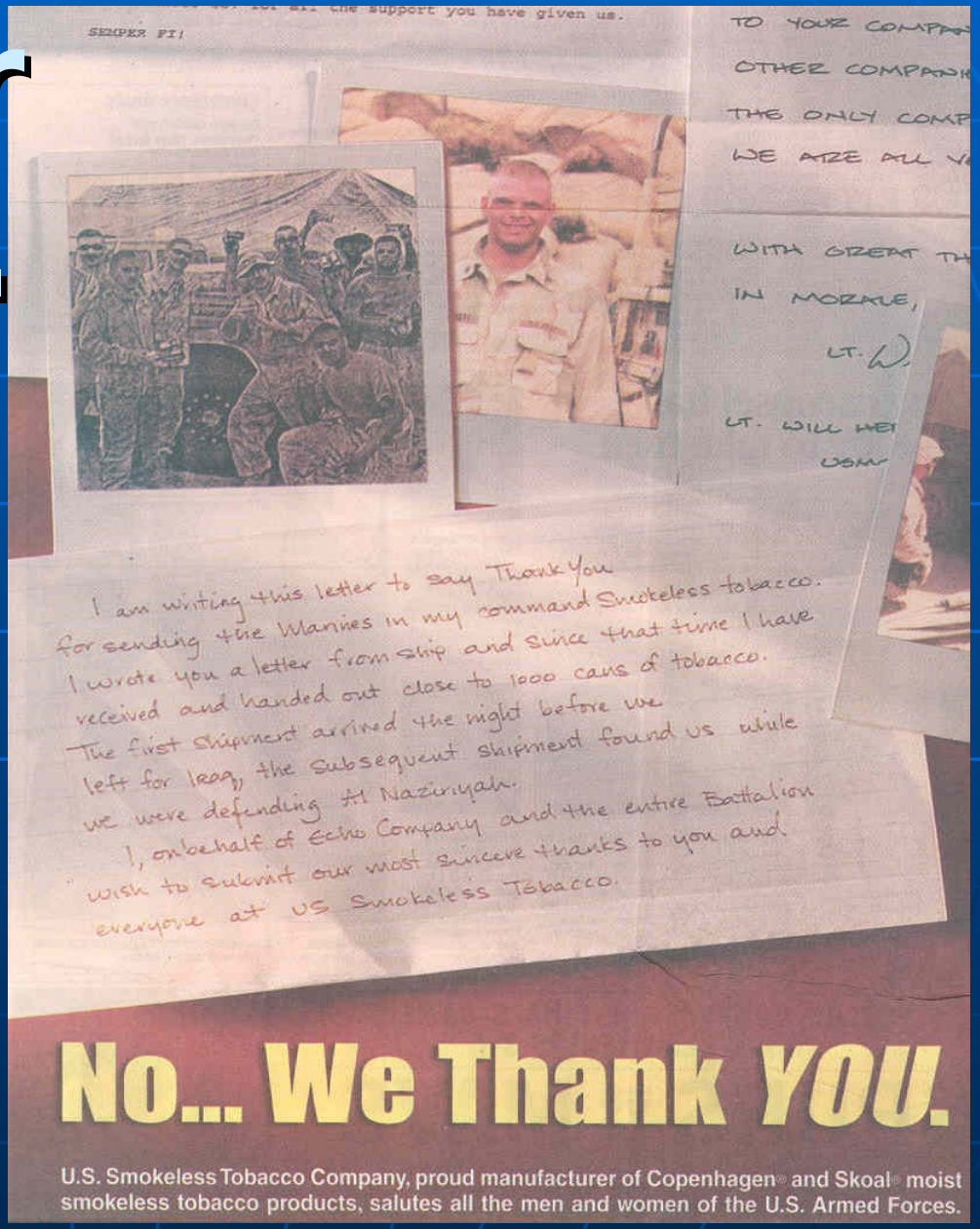
It is with great pride and pleasure to be writing this letter in response to your support of the United States Marine Corps. The contributions of your products to our unit were a huge boost to the Morale and Welfare of all the Marines. It is your company's support of the Marine Corps that makes us realize what we are here fighting for, the freedoms and liberties we have back in the United States of America.

It is not only the personnel that enjoy your products but also those that look at your contributions as support for all of us over here. Every day I have Marines come up to me and tell me thank you. It is not me who they should be thanking however; it is all of the employees at your company and all the Americans that have supported our efforts one way or another.

All of us at this Marine Wing Support Squadron deployed to Marine Air Station Jalibah, Iraq thank every one of the employees at U.S. Smokeless Tobacco Co. for all the support you have given us.

SEMPER FI;

Sad day for the DoD....


SEMPER FI!
I am writing this letter to say Thank You for sending the Marines in my command Smokeless tobacco. I wrote you a letter from ship and since that time I have received and handed out close to 1000 cans of tobacco. The first shipment arrived the night before we left for Iraq, the subsequent shipment found us while we were defending ft Nazariyah.
I, on behalf of Echo Company and the entire Battalion wish to submit our most sincere thanks to you and everyone at US Smokeless Tobacco.
No... We Thank YOU.
U.S. Smokeless Tobacco Company, proud manufacturer of Copenhagen® and Skoal® moist smokeless tobacco products, salutes all the men and women of the U.S. Armed Forces.

And…

- Troops say smoking helps combat the stress, boredom and loneliness that life in a war zone can bring.

Military Tobacco Issues

Smoking and Military Readiness Top 5 List

1. **Smoking is one of the best predictors of military training failure.**
   - Klesges, R.C., et al. (2001) The association of smoking and the cost of military training. *Tobacco Control*, *10*, 43-47.
2. **Smoking among young troops is associated with significant increased hospitalization and lost workdays. Sick and hospitalized troops are not ready for duty.**
   - Robbins, A.S., at al, (2000). Short term effects of cigarette smoking on hospitalization and associated lost workdays in a young, healthy population. *Tobacco Control*, 9, 389-396.
   - CDC (2000). Cost of smoking among active duty U.S. Air Force Personnel – United States. *MMWR*, 49 (20).
3. **Smokers are more likely to perform poorly on military fitness evaluations.**
   - Conway, T.L., & Cronan, T.A. (1992). Smoking, exercise, and physical fitness. *Preventive Medicine*, 21, 723-732.
   - Jensen, R.G. (1986). The effect of cigarette smoking on Army Physical Readiness Test performance of enlisted Army medical department personnel. *Military Medicine*, 151, 83-85.

Military Tobacco Issues

Smoking and Military Readiness Top 5 List (cont)

4. **Smokers are more likely to sustain injuries, particularly musculoskeletal injuries.**
   - Knapik, J.J., et al., (2001). Risk factors for training-related injuries among men and women in basic combat training. *Medicine & Science in Sports and Exercise*, *33*, 946-954.
   - Altarac, M., et al.,(2000). Cigarette smoking an exercise-related injuries among young men and women. *American Journal of Preventive Medicine*, *18*, 96-102.
5. **Smoking is a strong marker for other causes of low readiness, such as alcohol abuse, low physical activity, and illicit drug use.**
   - Haddock, C.K., et al.,(1998). Smoking prevalence and risk factors for smoking in a population of United States Air Force basic trainees. *Tobacco Control*, *7*, 232-235.
   - Kao, T.C., et al.,(2000). Co-Occurrence of alcohol, smokeless tobacco, cigarette, and illicit drug use by lower ranking military personnel. *Addictive Behaviors*, *25*, 253-262.

Note: A much larger literature exists on smoking health readiness-related factors in civilian populations (e.g., physical activity, physical fitness, lost work time, etc).

Military Tobacco Issues

- Will the Department of Defense partner with the tobacco industry to ensure troops get their fix?
- About 1 in 6 (16%) military personnel have died, or will die, as a result of tobacco use. Helyer AJ, Brehm WT, Perino L. Economic consequences of tobacco use for the Department of Defense, 1995. Military Medicine. 1998;163:217-221.
- Direct health care costs for the Dept. of Defense in 1995 due to tobacco use: $584,000,000.00. Helyer AJ, Brehm WT, Perino L. Economic consequences of tobacco use for the Department of Defense, 1995. Military Medicine. 1998;163:217-221.

Operational Issues

- Mobilization (Pre-deployment)
- Endurance
- Concealment
- Night vision
- Supply issues

Mobilization Issues

- **Tobacco directly impacts mobilization readiness:**
  - **Health**
    - **Illness/ poor health habits = loss of readiness**
    - **Support for cessation?**
  - **Supply**
    - **Is the Supply system prepared to support addiction?**
    - **Can members get their “fix”?**
    - **Can Supply system afford the logistics?**
    - **If supply is not there, what happens?**
    - **Do you carry tobacco or bullets?**

Endurance

- **Need I say more….**

Concealment

A lit cigarette makes you a …..

Concealment

You can’t hide Dip Spit…..

Night Vision

- Affected by smoked and smokeless tobacco
- Nicotine has a rapid effect on veins and arteries which reduces blood flow throughout the body… robust circulation is important the eyes and their function
- Finally, and very critical to night vision is the inhibitory effect nicotine has on the production of visual purple or rhodopsin.
  - Nicotine has been shown to cease the formation of photoreceptors extremely similar to the human eye's rhodopsin (Barsanti et al., 2000)
  - Rhodopsin is imperative to night vision as it is the chemical pigment responsible for dark adaptation

THE EFFECTS OF SMOKING / NICOTINE ON NIGHT VISION, Aaron A Lade, January 2004

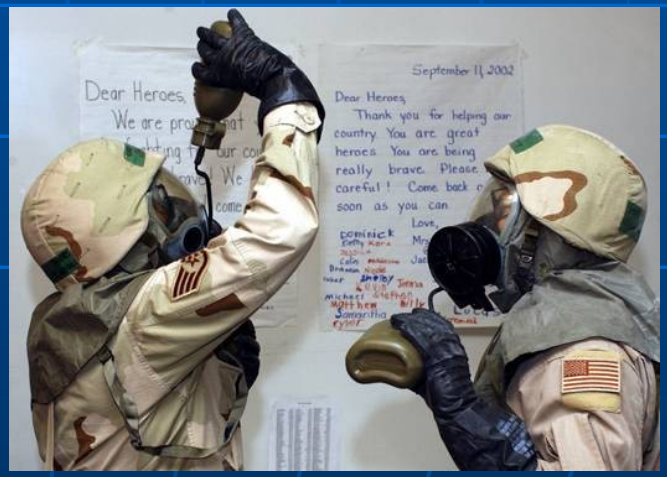
Nicotine Withdrawal Symptoms

Do you want these on the "Battle Field"?

- Cravings
- Irritability, anger, and frustration
- Anxiety and depression
- Impaired concentration and restlessness

Operational "Lessons Learned"

- **Iraq has provided some valuable "operational insight regarding tobacco:**
  - **MOPP level**
    - **How to smoke with mask on?**
    - **How to spit out "dip spit with mask on?**


September 11, 2002
Dear Heroes,
Thank you for helping our country. You are great heroes. You are being really brave. Please careful! Come back soon as you can
Love,

War Injuries

January 2005:More than 10,000 U.S. military service members, including National Guard and Reserve members, have been injured in the conflicts in Afghanistan and Iraq.

Highlights of GAO-05-167, a report to the Ranking Democratic Member, Committee on Veterans' Affairs, House of Representatives

Home Issues: Injury Recovery

"Cigarette smoke delays the formation of healing tissue and sets the stage for increased scarring at the edges of a wound…"

Cigarette Smoke A Culprit in Poor Healing and Increased Scarring
UC Riverside Research Showing How Smoke Complicates Healing Process
(December 3, 2004)

Injury Recovery

- **“Nothing messes up this timing (of the healing process) like cigarette smoke. Clinical studies have consistently shown that individuals exposed to cigarette smoke – whether “first-” or “second-hand”– heal poorly and are more likely to develop scarring and associated diseases.”**

Cigarette Smoke A Culprit in Poor Healing and Increased Scarring
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Guidance and Policies

- DoD
  - Multiple committees and working groups
- Service specific policies
- DoD emphasis on Great American Smokeout
- TRICARE initiatives
- Local leadership is the key

Provider & Staff Training

- **JCAHO will be reviewing tobacco cessation protocols for hospitalized patients**
- **H&HS has a guideline for treating hospitalized patients**
  - **Treating Tobacco Use and Dependence In Hospitalized Smokers**
  - ***Treating Tobacco Use and Dependence. Quick Reference Guide for Clinicians, October 2000. U.S. Public Health Service.***
  - ***http://www.surgeongeneral.gov/tobacco/tobaqrg.htm***

Bottom Line(s)

- Tobacco (nicotine) dependence is a chronic condition that may require long term support
- Tobacco use hurts military readiness
- Tobacco use negatively impacts FHP
- Use of tobacco will negatively impact wound healing and promote severe scarring
- Hospitalized patients must be considered and helped